

Issue 01: Adopting a sustainable mindset

SUSTAINABILITY

Lifestyle Magazine: By EcoFoote

First Issue, 20 Pages

Sustainability News

Latest Sustainability News,
Resources & Events

Sustainability Guides

How to guides to reduce your
environmental footprint

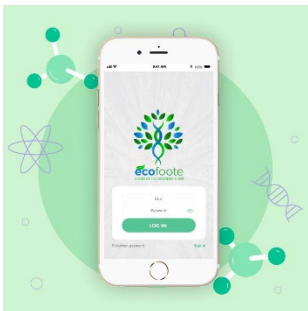
Sustainable Solutions

Environmentally-friendly
solutions that will help us adopt
sustainable practices

<https://ecofoote.com/index.html>

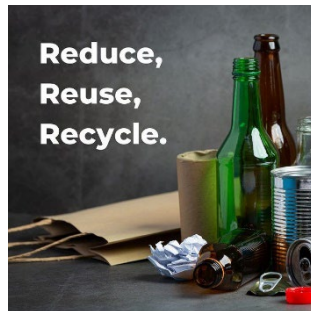
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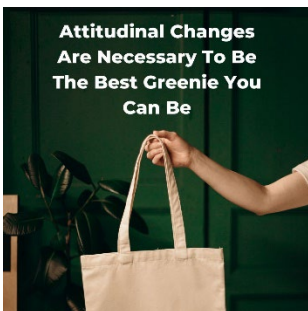
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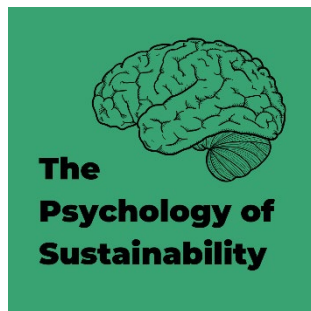
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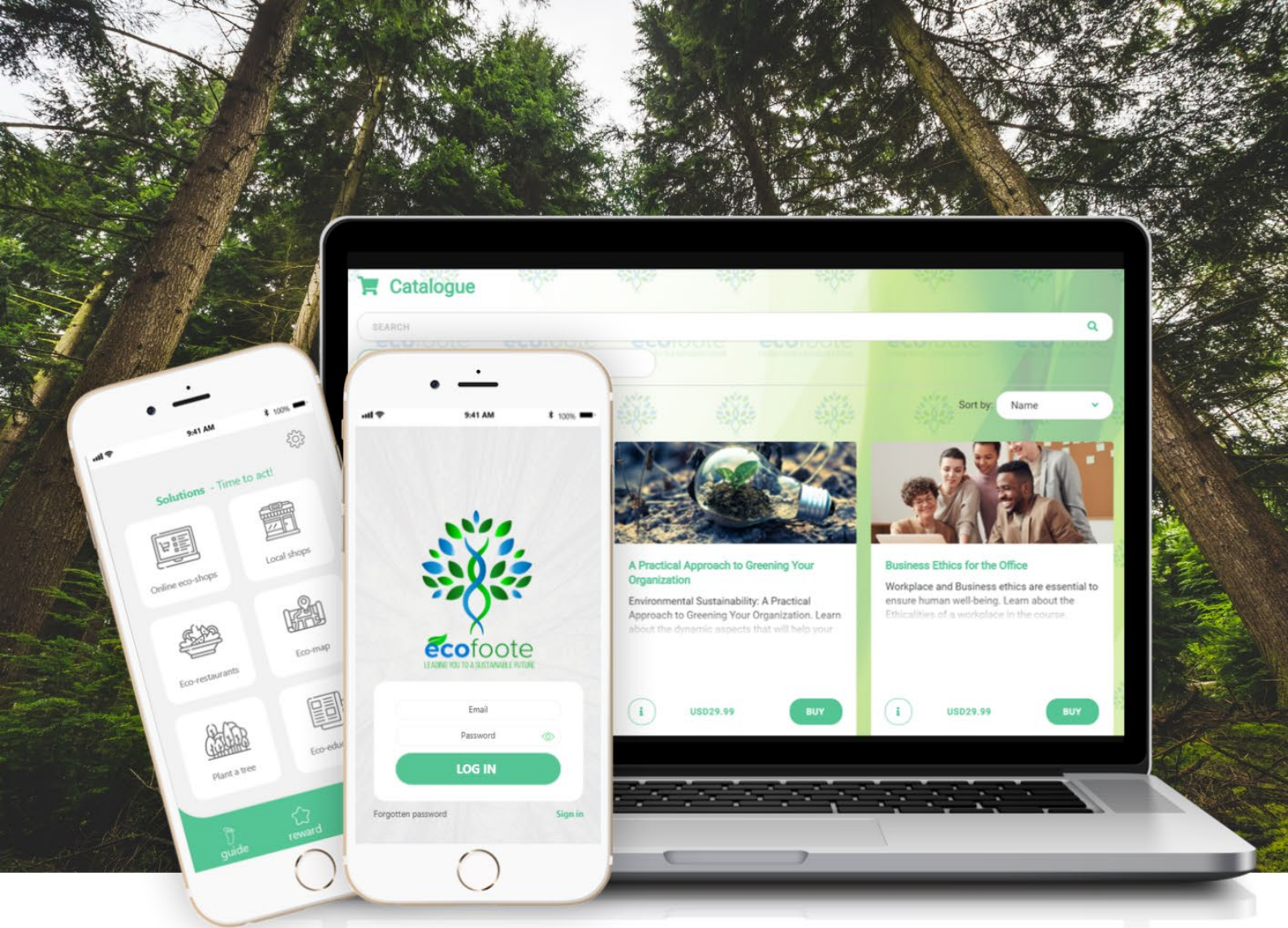
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Introducing EcoFoote

Ecofoote is a passion-filled company that aims to guide individuals and businesses toward a more sustainable tomorrow.

We offer a sustainable solutions platform that encourages conscious choices by educating you with blogs, classes, and environmentally-friendly tips. We teach you how to reduce your carbon footprint and welcome sustainability into your life. As

your actions become more environmentally considerate, you'll be rewarded with Eco-Coins from which you can purchase attractive eco-friendly products.

So, if you've been longing for a way to transform your life into one that's mindful of our planet, become an Earth Enthusiast with EcoFoote by registering on our website.

**Reduce,
Reuse,
Recycle,
Rot,
Refuse.**

The 5 R's

When it comes to minimising your waste, a simple method to adopt is thinking and acting in alignment with the 5 R's: reduce, reuse, recycle, rot, and refuse.

1) Reduce: Lessening your consumption of unsustainable products and items is one of the most effective ways to minimise your waste. Instead of purchasing that to-go coffee, why not bring along your reusable cup?

2) Reuse: There are numerous ways to upcycle your trash. Turn your milk carton into a plant pot, transform that glass bottle into a rustic candle holder, or use your old toothbrush as a shoe shiner!

3) Recycle: If you can't repurpose your waste, the next step is to recycle. All you need to do is separate your waste into categories, making sure all items have been cleaned, and drop them off at your local recycling centre.

4) Rot: Food waste is one of the world's leading environmental problems - but it doesn't have to be. Instead of constantly tossing your food into the trash, try composting. It's accessible, inexpensive, and super effective.

5) Refuse: There are some products and materials that you should just avoid altogether. Plastics that are labelled as a level 6 - 7 are generally the hardest to recycle. Other materials such as styrofoam, wreak havoc no matter where they end up. The best thing to do is simply not support their production.

To learn more about sustainable waste management, recycling, reusing, composting, and the 5 R's, visit our blog by clicking on the link in our bio and follow Ecofoote for many more tips and tricks for living a more sustainable lifestyle.

ECOFOOTE

REDUCE

The spirit of letting go of things that do not serve you, but also purchasing with a purpose to reduce the amount of unnecessary clutter and packaging.

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REUSE

Swapping disposable items for permanent reusable items. Make use of items purchased in a new manner.

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RECYCLE

There are 5 different categories of recycling to reduce your waste. Glass recycling, paper recycling, metal recycling, plastic and textile recycling, and electronic recycling.

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ROT

"ROT THE REST."

Compost is the more efficient way to remove your organic waste and getting something back for it.

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REFUSE

Prevent the waste from entering your home entirely if possible.



An aerial photograph of a dense, lush green forest with a thick canopy of trees. The colors range from deep forest green to bright, sunlit green, creating a textured, patterned appearance.

What is Sustainability?

Sustainability is "meeting the needs of the present without compromising the ability of future generations to meet their own needs."



Why Sustainability?

Sustainability is the management of Earth's ecosystems in a way that promotes the wellbeing of all species and future generations. To ensure environmental stability, we need to establish the use of resources within the natural boundaries of the planet.

The environment is influenced by a number of systems - namely social, economic and ecological - all of

which contribute to the promotion or reduction of environmental stability. For social and economic sustainability to occur, there needs to be a sustainable environment - it is a prerequisite for the maintenance of diverse life. Human beings are part of the biosphere, but we are rapidly exploiting it. Our species is currently consuming more than Earth's ecosystems can withstand.

Earth's systems are all interconnected and rely on one another. Humans are part of this system and it is the very foundation that supports modern civilisation. However, closed-minded focus on the growth of the economy has destabilised the balance of the systems we rely on. The capitalist economy disregards Earth's resources and exploits them as if they were infinite. Economic growth can only function within the boundaries of our planet, and if we continue to exploit the planet exponentially, we risk the collapse of everything, including the economy.

Ever since the industrial revolution we have drastically altered our planet's atmosphere by increasing our CO₂ emissions, which is the chief temperature regulating compound of our climate. This is causing a chain reaction of biodiversity loss, damaged

ecosystems, worldwide epidemics and an increasing frequency of weather-related natural disasters. What is happening to our climate is another indicator of where we are going wrong socially, politically and economically.

The primary concern is that human social and economic subsystems are destroying the environment by depleting its resources and adding excessive pollutants into the atmosphere. Ecological systems such as the ozone and atmosphere are being altered by excess pollutants, which is increasing ultraviolet radiation that affects the growth of biota, such as crop yields, and in turn impacts food security. The constant overuse of the Earth's ecosystem has resulted in the exhaustion of its resources of topsoil, groundwater, tropical forests, fisheries and overall, its biodiversity.

CO₂ during ice ages and warm periods for the past 800,000 years

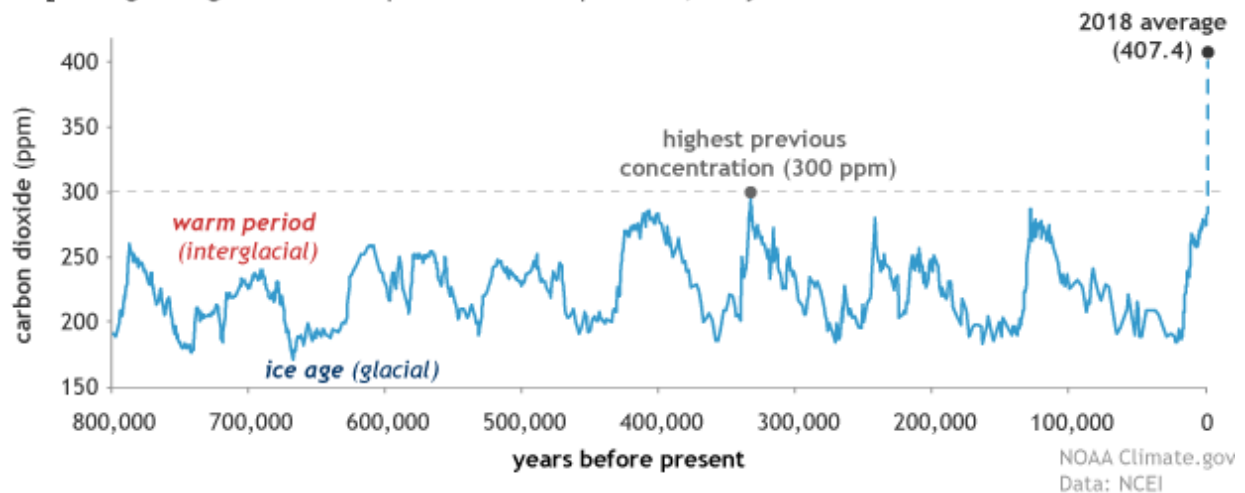


Figure2: <https://www.climate.gov/news-features/understanding-climate/climate-change-atmospheric-carbon-dioxide>

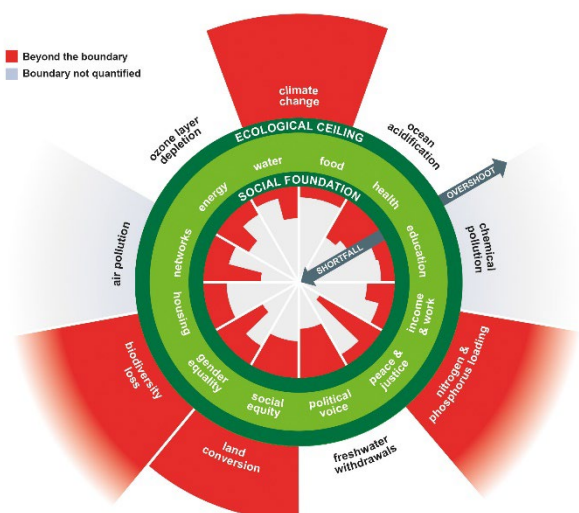


The climate emergency is a threat to all species on earth, including humanity. It is exacerbating the rate of biodiversity loss, and has resulted in the unfolding of the sixth mass extinction: the Anthropocene.

With rapidly growing urban areas and a global population size of approximately 7 and a half billion people, our consumption rates are increasing exponentially. We are depleting Earth's resources, rapidly resulting in an environmental and ecological emergency.

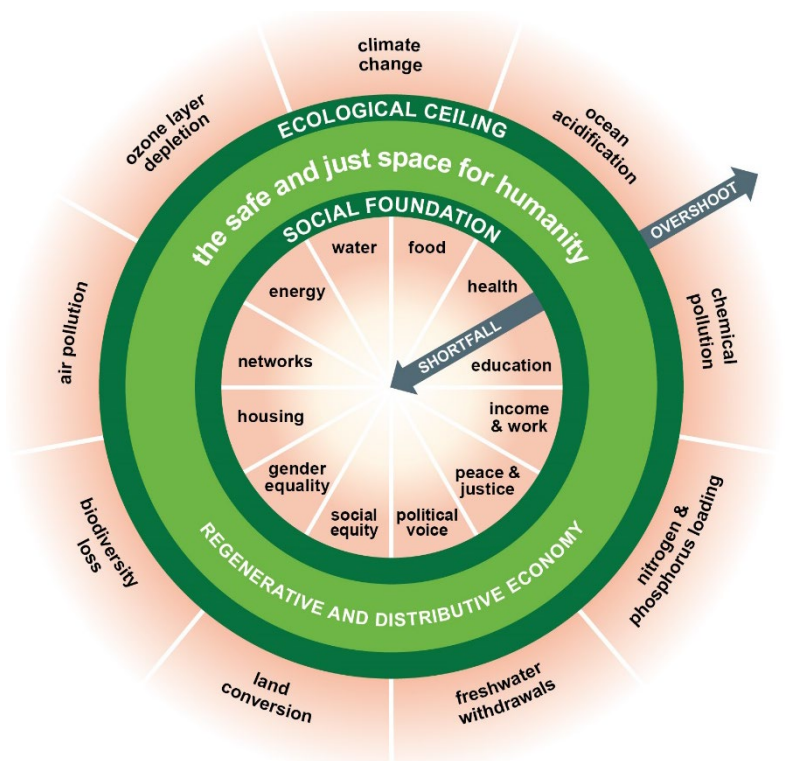
The exponential growth of the human population means that the

increased consumption rates are pressurising ecosystems and are exceeding their functional thresholds.



<https://www.kateraworth.com/>

Once an ecosystem has passed its threshold it can no longer revert back to its original state. We are pressuring a number of ecosystems beyond their functional capacity and are exacerbating our anthropogenic impact on the environment exponentially. This is why we, as a collective, need to rise to the challenge of changing our behaviour in order to ensure our actions and choices promote sustainability so that we can preserve the planet and all the creatures who call it home.



<https://www.kateraworth.com/>

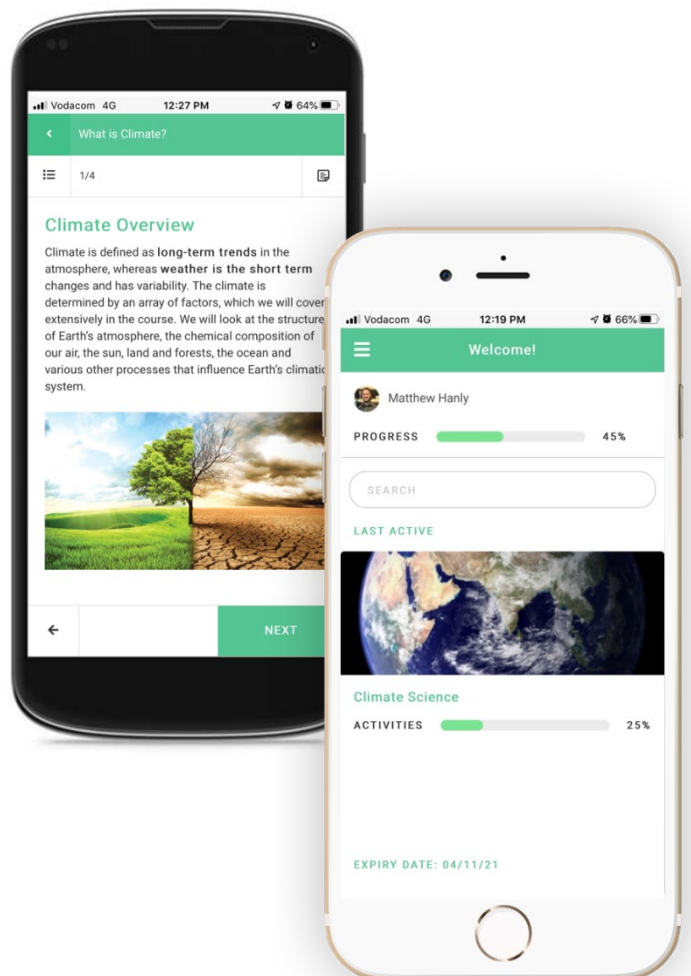
Written by: Matthew Hanly





Why eLearning is environmentally friendly

The Coronavirus pandemic has fundamentally changed the lives of most every person on Earth, and one major facet of this has been the virtualisation of working and learning environments. While it may take some time for us to fully adjust to all-online operations, it comes with a plethora of pros – including a positive impact on our planet's environment.



eLearning reduces carbon footprint

It's no secret that car exhaust pipes release carbon emissions, but exactly how much is a lesser known fact. In a study done by the UK's Open University Design Innovation Group (DIG), it was found that online learning "consumes an average of 90% less energy and produces 85% fewer CO2 emissions per student than conventional face-to-face courses."

According to Natural Resources Canada, transportation makes up 23% of the world's total greenhouse gas emissions. If each of each student/employee in training spends 30 minutes and one litre of petrol on commuting every day, they release approximately 11.5kgs of greenhouse gasses per week. By shifting to online education, you skip the daily commute to learn from home, reducing your personal carbon footprint, save on petrol money and save the Earth from an additional 2.3kgs of emissions per day.



eLearning spares non-renewable resources

Another environmentally costly reality is that cars require oil, a non-renewable fossil fuel that is formed in the Earth over millions of years and is made up of decayed plants and animals. Oil can't be readily replaced by natural means at a quick enough pace to keep up with the global consumption of it, so cutting down plays a large role in resource conservation.



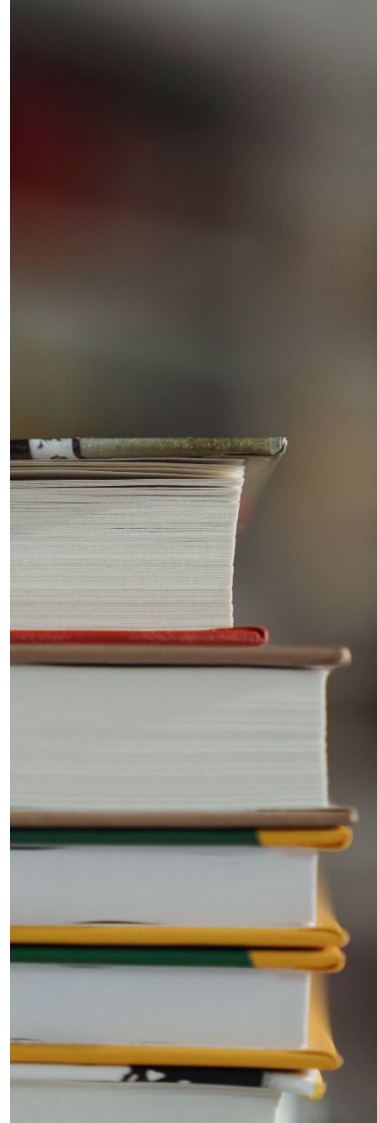
eLearning ditches the paper trail

According to the [Rainforest Alliance](#), deforestation causes roughly 10% of global emissions. To make matters worse, the same trees we are felling are crucial allies for combatting the accumulation of greenhouse gasses because they capture carbon dioxide and convert it into oxygen. By migrating online, old-school training booklets and written notes become a thing of the past. Digital copies of learning materials, including personalised learning platforms from [New Leaf Technologies](#) or educational apps such as [MemoTrainerTM](#), replace the paper waste and reduce the demand for chopping down trees.



Bonus benefits

In addition to all the good you'd be doing the environment by taking your corporate training online, there's something in it for your company, too. eLearning can save you hordes of time if you hire professionals to get the job done, which is not nearly as costly as you might think. New Leaf Technologies has a free [Training Cost Calculator](#) that gives you an indication of how much you can save by taking your corporate training online.



Shifting to eLearning is a wise move from a marketing perspective because consumers generally tend to choose an environmentally friendly option over an ecologically inconsiderate alternative. A reduced carbon footprint makes for a polished corporate image.

'Going green' is not just another trend, it's a responsibility that comes with advantages, and it may be as simple as switching to eLearning. With or without a global pandemic, eLearning is an excellent educational option that comes with quite compelling positive impacts. Something that saves time, money, materials, and the planet from CO2 emissions is a win/win by our standards

Written by: Emma Hanly



Attitudinal Changes Are Necessary To Be The Best Greenie You Can Be

At least you're trying, right?

Well, yes... to an extent. While it is important to acknowledge the effort that we make to preserve the Earth, it is also extremely important to keep empowering ourselves to do more and to do better. The rate of human destruction upon Earth is not slowing despite our current efforts – which indicates that we are not doing nearly enough.

Environmental work, big or small, is not something that one should engage in to create an egocentric feeling of superiority. This attitude only creates divides and pushes 'non-greenies' further away. Environmental work must be done humbly, with joyful purpose

and with cultural sensitivity – that is the cornerstone.

Besides engaging in the real work ourselves, it is extremely important to inspire others to take action as well. In order to make a real difference, we need to get lots of people doing their absolute best. One can do this by using an inclusive and empathetic attitude and tone when engaging in conversations about environmental awareness. Belittling and condescending others does the movement a total injustice by pushing questioning people further away. In fact, leading by example is the single most successful way to inspire others.

Once one's ego is in check, it is important to look within and to improve on every aspect of one's impact. Seemingly small things like refusing plastic straws have a huge impact, but should continue to be viewed as small acts and not focused upon as if it is all an individual can do. Refusing plastic straws and as much other single-use plastic as possible must become second nature, as must minimising the use of electricity and water, driving less, buying local, eating more plant-based and opting to buy second hand as much as is viable. Allowing these things to become a normal part of one's life, and leaving no room for lapses, is a good example to others and gives one the space to focus on making bigger changes.

As consumers, we hold more power than we know. It is important to learn about the convoluted topic of environmental destruction so that we can make informed choices when buying.

Recycling plastic is a great start, but it is very flawed. Recycling does lessen the need for new plastic, but it requires energy, factories and machines. The biggest action to take is to drastically reduce our plastic consumption – refusing unnecessary single-use plastic like: plastic shopping bags, produce bags, straws, plastic cutlery and take-away containers needs to become commonplace to all consumers who can then focus on improving even further by working towards a zero-waste lifestyle.





We simply cannot afford to put our stomachs first anymore.

Food is a massive contributor to most consumers' carbon footprints and the best ways to change this are: to eat far less animal products, to buy organic and beyond organic, and to support local producers.

The meat industry is one of the top contributors to climate change, biodiversity loss and

deforestation. Western consumers eat far too many animal products which degrade their health as well as the health of the Earth. Focusing on reducing animal product consumption is a must, as is looking for better, local, small farmer sources of animal products and fresh produce. Buying local reduces transportation-linked emissions and keeps small farmers going.

Making electricity and water saving practices second nature allows one to consider alternative energy sources and going off-grid. This wouldn't be possible if one's sole focus was on switching off lights and shaming others for failing to do so.

The world is in a major crisis and big companies and governments are not making nearly enough effort to mitigate it. As citizens of this planet, it is our duty and responsibility to do our utmost best to encourage

others, to educate ourselves and to put mass pressure on governments and companies to implement necessary policy changes. If we rely on big industry and governments to do it for us, things will not improve and climate change will continue to worsen. We must grasp the magnitude of the situation.

It is up to the individual to bring back the care and reverence of the Earth that is necessary to save humanity.

Written by: Kelly Steenhuisen





The Psychology of Sustainability

Sustainable Courses

Course Overview:


An interactive course on the psychology and perception of humanity on topics that link to consumption, climate change and humanitarian issues.

Course Objectives:


Dive deeper into research and data about the current global issues we face. We look into planetary threats and society's perception around them. In order to understand how to solve these problems we must understand humanity's interaction with them, and determine what we need to change and how we need to change it. We must understand the psychological perspectives of society to address these problems effectively.

Length:

Learn at your own pace and in your own time. The course is outline for 10 hours long.



Understanding human psychology is essential to shifting global perception to be more sustainable.



Summary of factors to consider
Psychology of sustainability

Click on the icons to learn more

- Limitations to sustainability
- Internal and external perceptions
- Social factors
- Mindset
- Solutions
- Behaviours/actions
- Motivation



Behavioral Change Solutions

- Behaviour Change
- The 5 A's
- Choice Editing
- Systemic Change

[Check out the course](#)

Company Profile



Name: New Leaf Technologies

Description:

We make it easy to engage and empower modern learners, with solutions delivered in the moment of need, on any device, using the most appropriate learning approach!

Social and Environmental Solutions:

By migrating online, old-school training booklets and written notes become a thing of the past. Digital copies of learning materials, including personalised learning platforms from New Leaf Technologies or educational apps such as MemoTrainer™, replace the paper waste and reduce the demand for chopping down trees.

Products & Services Offered:

In addition to all the good you'd be doing the environment by taking your corporate training online, there's something in it for your company, too. eLearning can save you hordes of time if you hire professionals to get the job done, which is not nearly as costly as you might think. New Leaf Technologies has a free [Training Cost Calculator](#) that gives you an indication of how much you can save by taking your corporate training online.

*End to end online learning solutions.

Contact:

paul@newleaftech.co.za

[Check out the company](#)



Sustainable products to help you become a responsible consumer

Our Organic bamboo drinking straws are innovative, biodegradable and eco friendly. Our straws are extremely strong and durable by nature, and contain NO inks or dyes. Not only do they look great, but they are practical too. They won't break when you drop them like glass straws and won't pollute our planet like plastic straws.

You can use these bamboo straws as long as you want. Wash before first use, then simply rinse them out after every use, or use a cleaning brush if using after drinking a smoothie. Always let your bamboo straws dry fully. Store your straws in a well-ventilated place.

Reusable bamboo straw is made of 100% natural bamboo.

*Including:
10pcs Thick bamboo straws +
Sustainable Jute Bag

**Set of 10 Natural Bamboo
Drinking Straws**
\$9.99

[Check out the product](#)



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We help you help our planet!



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